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**WORRIED ABOUT THE FLU?**  
 PLENTY OF QUESTIONS ABOUND AS THE DEADLY H1N1 STRAIN POPS UP THIS FLU SEASON **PAGE 11**



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# Waterfront tower one step closer to rising

**Size matters?** 24-storey building approved by city committee; residents worry property values will be affected

**SHANE GIBSON**  
 shane.gibson@metronews.ca

A controversial 24-storey tower proposed to rise from the James Avenue Pumping Station on Waterfront Drive is one step closer to becoming reality.

At a meeting Monday, the city's downtown development committee rejected an appeal to ground the estimated \$70-million building, despite pleas from residents angry the project will break rules keeping buildings in the area to no more than eight storeys.

"I can certainly understand

## Quoted

**"What can I say? It's ludicrous. It's so major and so substantial; it's going to change the area."**

Architect Rudy Friesen, who helped design — and lives in — the condominium next door

feelings of concern," said committee member Coun. Jenny Gerbasi. "But listening to the entire presentation, and looking at the details of the project itself, it does appear to have a relative minimal impact."

Most of the residents who spoke at the meeting live in neighbouring condominiums along Waterfront Drive. They have concerns the building will affect their sightlines and property values, and set a precedent for future developments.

The project's developers maintain their goal is to preserve the historically important pumps housed in the building, telling committee members

the extra floors are the only way the project can be economically viable.

"We're proposing a beautiful public space and a public amenity for the neighbourhood," said the project's designer, Sotirios Kotoulas. "The heritage building will be transformed."

The 230,000-square-foot building, if approved, will include a grocery store, 220 apartments for rent, space for a restaurant and indoor garden and a parking component that's yet to be finalized, according to Kotoulas.

The plan still needs approval from council as a whole.



Sotirios Kotoulas, a designer behind the 24-storey tower proposed to be built on the James Avenue Pumping Station, speaks before the city's downtown development committee Monday. The committee voted to reject an appeal that would have stopped the project. SHANE GIBSON/METRO



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Ryan DeLong is pictured here with Jaclyn Sommer, making his first trade on Dec. 26 — a Milk-Bone for a pair of Converse shoes. Eleven days and three trades later, DeLong has a pair of gift certificates worth \$325 up for grabs. COURTESY RYAN DELONG

# Bigger and Better: \$100K for animals

**'It's a win-win for people too.'** Inspired by One Red Paperclip, Winnipeg man making trades to raise cash for animal charity

JOHN TOWNS  
winnipeg@metronews.ca

What can a dog biscuit be worth?

That's what Ryan DeLong, a 26-year-old Manitoba Hydro employee, aims to find out with his new year-long project to raise money for the World Society for the Protec-

tion of Animals.

Inspired by the creator of the now-famous One Red Paperclip blog who, in 2005, bartered his way from a single red paperclip to a house, DeLong will be working his way through a series of trades he's calling "Bigger and Better for Animals" over the next year.

"I do have a goal in mind, and it's \$100,000 in the matter of a year," said DeLong, who, in just four trades since he began his program on Christmas Day, is up from a 10-cent Milk-Bone to a pair of spa gift certificates worth \$325. "I think it's definitely possible. At the rate we're going already, we're doing better than (One Red Paperclip

creator Kyle MacDonald) did at this point.

"I think part of the attraction is that it's a win-win for people too. They get to help out, but they're also trading for something in return," DeLong added.

At the end of the year-long project, he'll sell his final trade and donate the proceeds to the WSPA, an organization mandated to tackle animal cruelty all across the globe.

"I'm a huge animal fan. I love animals to death and I went online and researched what organizations I could give to, and the WSPA was the widest-spread organization that dealt with animals that I found," explained DeLong,

who said he wanted to make the project far-reaching to allow as many people from all over the globe to get involved as possible.

Josey Kitson, executive director of WSPA Canada, says that the organization is "touched and amazed" that DeLong chose them as the recipients of his project.

"Seeing his dedication to raising funds for WSPA and the generous Facebook community that is rallying behind his Bigger and Better for Animals project is truly inspiring," said Kitson in an email Monday.

Check out facebook.com/biggerbetteranimals for more information.

Brian Sinclair

## Nurse tells inquiry it didn't seem urgent to check on man in city ER

A man in the same hospital emergency room where Brian Sinclair died during a 34-hour wait says he tried to get help for him but was told there were sicker patients being seen first.

Michael Head told an inquest into Sinclair's death that he chatted with the double amputee after Head and his wife arrived at the Winnipeg Health Sciences Centre around 1 a.m. on Sept. 20, 2008.

At that point, Sinclair had been waiting for about 10 hours.

"I asked him his name and he said it was Brian Sinclair," Head testified Monday. "I asked him how long he had been sitting there and he said, 'Quite a while.'"

Head said he was referred to the triage desk when he told a security guard that Sinclair had been waiting for some time.

When Head raised the same concern with a nurse, he was told that sicker patients were being seen first, he said.

"I got mad and I left. They wouldn't listen to me about this guy. I think he was in pain."

Sinclair went to the hospital's ER on the afternoon of Sept. 19, 2008, after he hadn't urinated for 24 hours. He spoke to a triage aide upon his arrival and then wheeled himself into the waiting room.

Some 34 hours later, he was found dead of a treatable bladder infection caused by a blocked catheter.

THE CANADIAN PRESS

## Crime. Two arrested after pharmacy robbed 3 times

Two people have been arrested after a Henderson Highway pharmacy was robbed at gunpoint three times over one month.

Winnipeg police said the robberies happened on Dec. 2, Dec. 18 and Jan. 4.

On Jan. 4, however, the man got into a car being driven by a woman to make his getaway.

Later that day police caught up with the man near Beaumont Street and McGillvray

Boulevard. They caught up with the woman on Pembina Highway a little bit later. Both were arrested and taken into custody.

Police nabbed a gun and prescription meds from the pair.

Antonio Courchene, 29, has been charged with three counts of armed robbery using a firearm and disguise with intent. A 29-year-old woman was also arrested and charged with armed robbery using a firearm. METRO

## Man. First Nation probed over loans, advances to former band council, staff

A First Nation on the shores of Lake Manitoba is being investigated over loans and advances paid to its former band council and staff, newly released documents show.

Professional auditors from the firm KPMG are also looking into payments made to build off-reserve housing as well as social-assistance payments to senior administrators and the former chief and councillors of the O-Chi-Chak-Ko-Sipi First

Nation. No charges have been laid and none of the allegations have been proven in court.

Documents obtained by The Canadian Press under the Access to Information Act provide an overview of KPMG's audit work, which covered the period from April 2009 to March 2012. The auditors were asked to take a closer look at loans and advances paid to 13 people who were "certain senior administrators, or were members

of the council," documents say.

The firm was also asked to look into payments made for the construction of off-reserve housing, as well as social-assistance payments to people who worked for the First Nation or were members of its band council. KPMG was to report back to Aboriginal Affairs by March 2012. However, The Canadian Press has learned the company is still involved in the investigation. THE CANADIAN PRESS



# Baby slapper to serve time

**Guilty plea.** Joe Rickey Hundley was on a flight to take his son off life support after an insulin overdose put him in a coma

A federal judge on Monday sentenced a man who pleaded guilty to slapping a crying toddler on an Atlanta-bound flight to serve eight months in federal prison.

Joe Rickey Hundley was accused of using a racial slur to refer to the 19-month-old boy, who's black, and hitting him under the eye as the flight from Minneapolis descended to the Atlanta airport last February. He pleaded guilty in October to simple assault after reaching a plea agreement with prosecutors.

Prosecutors had recommended a sentence of six months in prison, and Hundley reserved his right to argue for a lower sentence. U.S. Magistrate Judge Alan Baverman said he imposed a higher sentence in part because of Hundley's criminal history, which includes a prior assault.

Hundley's lawyer, Marcia

## No excuse

**"You cannot assault another individual, regardless of how sad or upset, or even how intoxicated or sick, you are."**

U.S. Magistrate Judge Alan Baverman

Shein, objected to the deviation from the recommendation in the plea agreement and said after the hearing that she believes the sentence is disproportionate.

Before he was sentenced, Hundley told the judge he took full responsibility for his actions and turned to apologize in person to Jessica Bennett, the toddler's mother, who was in the courtroom.

In addition to the prison sentence, Baverman ordered Hundley to pay Bennett restitution of \$105 US and to pay a fine of \$2,500 to the government. Baverman also ordered Hundley to serve a year of supervised release, undergo alcohol-abuse treatment and anger-management counseling, and perform 120 hours of community service, preferably in a homeless shelter.

THE ASSOCIATED PRESS

## Alcohol issues

### Hundley trying to recover, lawyer says

Joe Rickey Hundley's only son was in a coma in Atlanta after an insulin overdose that was the result of a suspected suicide attempt, his lawyer, Marcia Shein, has said. Hundley had spent the prior day talking to his ex-wife and doctors after his son was declared brain dead, Shein said, and he booked a

last-minute flight to Atlanta so he and his ex-wife could take their son off life support.

The toddler's mother, Jessica Bennett, has said Hundley became increasingly obnoxious and appeared intoxicated during the flight.

Hundley has been attending Alcoholics Anonymous meetings every day since March, is undergoing 15 hours of counselling a week and has been helping others deal with alcohol problems, Shein said. THE ASSOCIATED PRESS



## Quest for symbol of health

A boy holds a cross as believers sing and dance in the icy waters of the river Tundzha to celebrate Epiphany day in the town of Kalofer, Bulgaria, on Monday. Traditionally, an Eastern Orthodox priest throws a cross in the river and it is believed that the one who retrieves it will be healthy through the year. VALENTINA PETROVA/THE ASSOCIATED PRESS

## Post-traumatic

### Mountie in medicinal pot dispute fit for trial

A New Brunswick Mountie who attracted national attention for complaining that he wasn't allowed to smoke medicinal marijuana for his post-traumatic stress disorder while in uniform has been deemed fit to stand trial on charges of assaulting two RCMP officers, the Crown and defence said Monday. Cpl. Ron Francis, who faces

two counts of assaulting police and one count of resisting arrest, was released from custody after he underwent a 30-day psychiatric assessment.

Francis was ordered to follow conditions including that he refrain from alcohol and non-prescription drugs, report to a local mental-health clinic and not possess firearms. He smiled and waved to family and friends as he appeared in Fredericton provincial court but did not speak to reporters when he left the courthouse.

THE ASSOCIATED PRESS

## 'Kai the Hitchhiker.' Internet celebrity pleads not guilty to murder

A man who gained Internet fame as "Kai the Hatchet-Wielding Hitchhiker" has pleaded not guilty to murder charges in the beating death of an elderly New Jersey man last year.

The Star-Ledger reports 24-year-old Caleb McGillivary remained silent Monday while his public defender entered the plea in court in Elizabeth.

McGillivary is accused of killing 73-year-old lawyer Joseph Galfy, whose body was

found May 13 in his Clark home. McGillivary was arrested in Philadelphia days later and could face a life sentence if he's convicted.

Authorities say the two met in New York City and McGillivary stayed at Galfy's home.

The Canadian gained some online fame after intervening in a 2012 assault on a California utility worker in which he described using a hatchet to fend off a further attack.

THE ASSOCIATED PRESS

## TRANSIT TUESDAY

Weekly Transit News Update



### GET INTO THE DOWNTOWN SPIRIT

The next time you and your friends are planning lunch at your favourite downtown restaurant don't forget about the Downtown Spirit. Our free shuttle service is a great way to travel to Winnipeg's popular downtown destinations. There are three Downtown Spirit routes to serve you – for complete route and schedule information visit [winnipegtransit.com](http://winnipegtransit.com) or call 311.

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## EcoPass



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# How's the weather up here?

## Edmonton

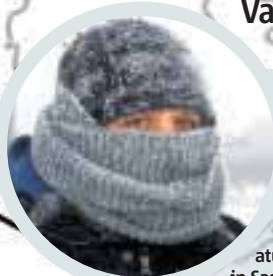
After a few days of chilly temperatures, Edmonton warmed up to -6 C on Monday, with runners hitting the tolerable streets. Temperatures are expected to drop on Tuesday, with a -30 C wind chill predicted.



In Metro cities across Canada, we're experiencing a myriad of icy, freezing weather, and in Calgary and Halifax — relief. Even Vancouver traded its winter rain for some frosty sunshine.

## Saskatoon

Extreme weather has presented a number of challenges for Saskatoon. With wind chills pushing temperatures down to -49 C in Saskatoon on Monday, school buses were cancelled, garbage pickup was delayed and a prominent outdoor skating rink was closed.



## Winnipeg

After almost a month of extreme wind chills of -40 C to -50 C daily (only relief: a -9 C blizzard), Winnipeg attracted international attention when it was revealed it was colder than Mars one day last week.



## Ottawa

After being hammered with freezing rain Monday and a sudden melt, Ottawa faced an Environment Canada warning of extreme wind chills from -35 C to -40 C Monday night and Tuesday morning. The city also had a water main burst that flooded and closed Laurier Avenue from Metcalfe Street to Elgin Street.



## Halifax

It's a weather flip-flop in Halifax. On Monday, Haligonians enjoyed a balmy 9 C, just days after enduring bitterly cold temperatures with wind-chill readings of about -30 C. Tuesday, temperatures are expected to get cold again, but another mild stretch is forecast for the weekend.



## Vancouver

Vancouver has enjoyed sunny — but frosty — weather over the past couple of days. That's all going to end, however, with Environment Canada calling for warmer weather (highs of 6 C) and the return of the winter rain for the foreseeable future.



## Regina

Bundled-up workers fix a water pipe that leaked due to temperatures dipping down to the -40s with wind chill. The leak prompted an emergency water shutdown along Dewdney Avenue, one of the city's busiest streets.



## Calgary

Temperatures warmed to above zero in Calgary Monday, but the city was still grappling with record-setting snowfall and many residents were fed up. Snow-related complaints to 311 were up 1,000 per cent from the previous December.



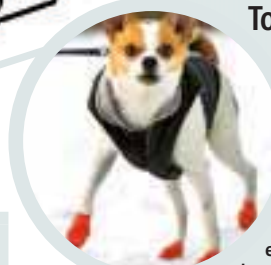
## London

Cold, colder and even colder yet. That was the scene in London on Monday as the temperature dipped from -9 C in the morning to -26 C by late afternoon with wind chill.



## Toronto

On the icy streets of Toronto on Monday, the temperature plummeted to -25 C, with bone-chilling winds making it feel like -40. The bitter cold snap is expected to end by the weekend, but Torontonians were bracing for a glacial commute the next day.



METRO/TORSTAR NEWS SERVICE/THE CANADIAN PRESS

## Newfoundland outages continue for 4th day

Crews in Newfoundland made progress Monday on restoring energy for thousands of people as the island entered its fourth day of power outages that were triggered by a combination of cold weather, a fire at a terminal station and a power plant that went offline.

Schools throughout the island have been shut down until Wednesday as a result of the power shortages. Warming centres have also been set up for people without power.

Newfoundland Power

president Earl Ludlow said crews have made strides in restoring power after residents and businesses were told a day earlier to conserve energy.

"I know it's frustrating. I know it's difficult," Ludlow told a news conference. "But I will also say that the plea for conservation did show up very quickly."

Premier Kathy Dunderdale said the situation was improving, but people should still be conserving power.

"We're coming out the

### Quoted

**"It's a critical time here in the province and we're not out of the woods yet."**

Newfoundland and Labrador Premier Kathy Dunderdale

other end but we need to be careful about what we're doing for the next few days and few weeks and the more that people can contribute to that effort, the better off we'll all be."

The power interruptions began Thursday evening when planned outages were implemented as utilities struggled to keep up with increased demand because of bitterly cold temperatures that gripped the island.

On Saturday, a fire broke out at the Sunnyside terminal station, triggering more outages as a blizzard slammed the island. At the peak of the outages Saturday morning, about 190,000 customers were without power.

THE CANADIAN PRESS



Linemen replace blown transformers as they attempt to return power to residential customers in St. John's, N.L., Monday. PAUL DALY/THE CANADIAN PRESS



Dennis Rodman shakes hands with North Korea's sports vice-minister Son Kwang Ho upon his arrival at the international airport in Pyongyang, North Korea, Monday. KIM KWANG HYON/THE ASSOCIATED PRESS

## Happy birthday, glorious leader! Your pal, Dennis

**North Korea.** Ex-NBA players to square off against local team

Dennis Rodman said Monday that a game he and other former National Basketball Association players are planning in North Korea will be a "birthday present" for leader Kim Jong Un.

Rodman's squad, featuring

ex-All Stars Kenny Anderson, Cliff Robinson and Vin Baker, will play against a team of North Koreans on Wednesday, which is believed to be Kim's birthday.

Rodman said he was glad to be in North Korea for the game, though he said he has gotten death threats for his repeated visits. He said proceeds from the game would go to a charity for the deaf in North Korea.

"The marshal is actually trying to change this country

in a great way," Rodman said of Kim, using the leader's official title. "I think that people thought that this was a joke, and Dennis Rodman is just doing this because of fame and fortune." Instead, he said, he sees the game as a "birthday present" for Kim.

"Just to even have us here, it's an awesome feeling. I want these guys here to show the world, and speak about North Korea in a great light," he said.

THE ASSOCIATED PRESS

## Pennsylvania. 'Jihad Jane' gets 10 years for plot against Swedish artist

A troubled Pennsylvania woman who called herself "Jihad Jane" online and plotted to kill a Swedish artist was sentenced Monday to 10 years in prison after telling a judge she had been consumed by thoughts of a Muslim holy war.

Colleen LaRose, 50, faced a potential life term. But Chief U.S. District Judge Petrese B. Tucker gave her credit for her guilty plea and her help in the indictment of two others.

Prosecutors asked for decades in prison, fearing she remains highly vulnerable to manipulation. But LaRose told the judge, "I don't want to be into jihad no more."

LaRose became obsessed with the cause after meeting a Muslim man on vacation in Amsterdam, when she was out one night after a fight with her boyfriend, her lawyer said. She pursued it online when she returned to her home in rural Pennsburg, Pa., where she cared for the boyfriend's elderly father at home nearly full time.

"That's all I would think



Colleen LaRose THE ASSOCIATED PRESS FILE

about is jihad, jihad, jihad," LaRose said Monday, telling her story for the first time in court. "I was in a trance."

Prosecutors said LaRose sought excitement through her shadow life and was flattered to be told to kill a foe of Islam.

"He honoured me," LaRose said of her online handler in Pakistan. "I'm a sister. Sisters don't get these assignments. But later on, I realized that he may have taken advantage of me."

U.S. investigators say LaRose participated in a 2009 conspiracy to target artist Lars Vilks over his series of drawings depicting the Muslim prophet Muhammad as a dog.

THE ASSOCIATED PRESS

### Central African Republic

## Half of nation left homeless: UN

UN officials are warning the Security Council that Central African Republic is on the brink of a catastrophe, with half the population made homeless since ethnic warfare broke out.

The UN political affairs chief said Monday that about 2.2 million people, or half the country's total population, need assistance. Approximately half the people of Bangui have been driven from their homes, he said. THE ASSOCIATED PRESS

### Burkina Faso

## 75 officials resign

Seventy-five officials have announced their resignation from the ruling party in Burkina Faso.

In a letter published over the weekend, the officials said democracy had "disappeared" from President Blaise Compaore's Congress for Democracy and Progress party.

THE ASSOCIATED PRESS

# Harry's Winter Sale

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# One new way to catch a thief? Try social media

**Theft of the Silver Plated Bowl.** Alleged light-fingered dude could be in for humiliation via the Internet. Countdown!

DAVID INGRAM

For Metro in London, Ont.

Mike Manuel, owner of the London Music Hall in London, Ont., has taken to social media in hopes of recovering property he says was stolen during a party to ring in the new year.

A Jan. 3 post on the venue's Facebook page lays it all out: Return the item by 6 p.m. next Friday (Jan. 10) or "images" of

those responsible will be displayed "using multiple media platforms," the post says.

The music hall has even created a faux Facebook event called "Catching the NYE Thief." It's set to start at the Friday deadline.

According to Manuel, at 12:53 a.m. during the New Years Eve Penthouse Party, a silver-plated bowl valued at \$300 went missing.

After whispering back and forth, one person distracted a bartender while another, looking to be in his early 20s, slipped out with the item through an emergency exit, Manuel told Metro.

"It was planned. It wasn't spontaneous," he said Monday.

"They talked about it for about 10 minutes."

Manuel said he knows

how it all went down because everything, and the faces of those believed to be responsible, can clearly be seen on footage taken from the 64 cameras inside the hall.

On Monday, a photo of one of the people alleged to have been involved — shown from the neck down standing next to the bowl in question — was posted on Facebook.

Manuel said he has spoken with police officers he knows. No charges have been pressed at this time, but he said he'll talk to authorities again if the property isn't returned by Friday.

"We feel we should give (the alleged thief) a chance. We don't want to ruin the guy's career and get him charged for something stupid he did," Manuel said.

"We are waiting for him

to redeem himself and come back clean."

**Hold on! Maybe not ...**

London Music Hall owner Mike Manuel shouldn't be negotiating or — worse — threatening a suspect with public shaming should a missing serving bowl not be returned, said London police Const. Ken Steeves. There's a thin legal line of extortion involved when telling someone they must do something or face the consequences via a public shaming, Steeves told Metro. If Manuel is a victim of crime, he should contact police, Steeves said.

SCOTT TAYLOR/  
METRO IN LONDON, ONT.



The London Music Hall published this post Monday on Facebook. It shows one of the people alleged to be responsible for a theft. FACEBOOK

# Medical pot user in N.S. alleges discrimination

A medical marijuana user living in Dartmouth says his schooling and family life has been destroyed by harassment over his medical marijuana use.

"It feels like I'm in prison. It feels like I'm sitting in jail right now. My family's gone, and it feels like I'm being monitored," said John Quinn Monday.

Quinn has filed a complaint with the Nova Scotia Human Rights Commission over alleged discrimination by the superintendent and property manager of his Albro Lake Road apartment.

He disclosed his licence to grow and use medical marijuana when he signed a lease in June. Although the building super didn't raise any concerns then, Quinn said he's been subjected ever since to repeated police calls, accusations that he's selling his pot, and investigations by Child Welfare Services.

He was even ordered to leave after an inspection by the property manager in November, though the eviction order was rescinded.

"The only thing that he could do was ask for a copy



John Quinn checks his pot plants on Monday. JEFF HARPER/METRO IN HALIFAX

of my (permit,) because (marijuana) could potentially harm other tenants," said Quinn. "What about an oxygen tank? That could explode. What's the difference, in reality?"

The former welder said the marijuana manages his joint pain effectively without affecting his mental state or causing addiction. He grows

the plants in a separate unit from the apartment where he lives with his family, and has installed charcoal filters to manage any odours.

Quinn said he's had to drop out of his upgrade courses because of stress caused by the alleged harassment, and has sent his partner and children to live in Ontario to prevent any fur-

ther action by Child Welfare Services.

After serving MetCap Living Management with notice of the Human Rights complaint, Quinn said the alleged harassment has stopped, but he still doesn't feel safe.

"You've put my family in danger, you've put me in danger, you've ruined our Christmas, you made us feel like criminals," he said. "I want a public apology."

Neither the superintendent nor the property manager of Quinn's building returned calls for comment.

RUTH DAVENPORT/METRO IN HALIFAX

**Rx marijuana changes**

More than 37,000 Canadians are currently licensed through Health Canada to use marijuana.

- Changes coming in April mean users cannot grow their own marijuana plants, but must purchase medical pot from a government-approved supplier.

## Balancing act. Woman protesting marijuana 'ban' in Alberta hospitals

Medical marijuana user Lisa Kirkman says she used to regularly consume vaporized cannabis while in Alberta hospitals, but a sudden change in policy and grinding bureaucracy have now made it effectively impossible for her to access medical care.

"I want to be able to receive medical treatment like every other Albertan, like every other Canadian," she said Monday.

Kirkman said a Nov. 4 Alberta Health Services (AHS) memo, which she described as a well-intentioned attempt to codify a previously ad hoc policy on vaporizer use, ended up resulting in vaporizers being effectively banned in the

interim. "In the meantime, we should go back to the status quo," she said. "I need care now. I needed care two months ago."

Kirkman said she needs marijuana to control a host of medical conditions, typically vaporizing every 15 to 20 minutes.

Currently, AHS "is looking at developing a process" for in-hospital marijuana use, according to spokesman Don Stewart. "This is about the balance between patient need and the health and safety of other patients, staff and visitors."

Kirkman plans to stage a "vape out" at a Calgary hospital Wednesday.

ROBSON FLETCHER/METRO IN CALGARY



Lisa Kirkman uses a vaporizer at her home. ROBSON FLETCHER/METRO IN CALGARY

# Spending to slim down despite rabid appetite for gadgets: Analysts

**\$1.06 trillion on tech.** Lower-end tablets and smartphones expected to bite into amount consumers will shell out in 2014

The Consumer Electronics Association estimates that global spending on technology will slip one per cent in 2014 to \$1.06 trillion US as the lower average selling price of smartphones and tablets offsets unit growth in markets like China.

The decline is off the peak of \$1.07 trillion estimated for 2013.

Steve Koenig, the association's director of industry analysis, issued the forecast at the opening of the annual International CES gadget



**Appetite for smartphones, such as the iPhone 5C, remains strong.**  
JUSTIN SULLIVAN/GETTY IMAGES

show on Sunday.

The retreat doesn't reflect less consumer appetite for what Koenig called the "dynamic duo" of tech

gadgets. Spending on smartphones and tablets is still expected to account for some 43 cents of every dollar spent on technology this year.

But the average price of smartphones, for example, will fall from \$444 in 2010 to an estimated \$297 this year, despite the number of smartphones sold rising to 1.21 billion up from 1.01 billion.

"These lower-end devices are what's required to penetrate most deeply into these emerging markets," he said.

Smartphones and tablets remain such key drivers of technology spending that they are eating into other categories of devices like point-and-shoot cameras, video cameras, portable GPS devices and handheld gaming devices.

THE ASSOCIATED PRESS



## 'It wouldn't be B.C. without it'

A protestor rushes the stage as Prime Minister Stephen Harper speaks at the Vancouver Board of Trade in downtown Vancouver Monday. Two protesters evaded security to protest climate change. Harper quipped, "It wouldn't be B.C. without it," to applause and laughter from the crowd. THE CANADIAN PRESS

### New study

## Flu shot linked to lower risk of low-weight baby

A study has found that pregnant women who get the flu shot are less likely to have a premature or low-birth-weight infant compared to those who don't get vaccinated.

Despite recommendations, researchers say annual vaccination rates of pregnant women have dropped. THE CANADIAN PRESS

### Market Minute

**DOLLAR**  
93.88¢ (-0.11¢)

**TSX**  
13,495.54 (-53.32)

**OIL**  
\$93.43 US (-\$0.53)

**GOLD**  
\$1,238 US (-\$0.60)

**Natural gas:** \$4.30 US (-\$0.01)  
**Dow Jones:** 16,425.10 (-44.89)

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# MARS ONE IS LOOKING PRETTY GOOD NOW

Last Tuesday temperatures in Winnipeg plummeted to -31 C (and that was the high for the day), making it colder in the city that day than it was in the North Pole and on Mars. Think about that for a moment, one of our country's major urban centres was more frigid than a barren, inhospitable planet that is on average about 80 million kilometres further away from the sun than our own.

I immigrated to Canada from England at age 12 and have often found myself wondering why this particularly frigid part of the globe was ever colonized by humans. As I enter my 16th Canadian winter, I know the unique differences between a snow squall and a blizzard but I don't think I'll ever actually get used to these extraordinary weather patterns that seem as unpredictable as they are harsh.

After taking a painful fall on the flash frozen sidewalk one morning, I made the amateur mistake of allowing my



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

eyes to fill with tears and the moisture froze to my contact lenses within seconds. Ice encrusted eyeballs are enough to make anyone consider permanent relocation.

Canadians never tire of talking about the weather and rightly so — there is just so much conversation material out there in the atmosphere. Phrases like “polar vortex,” “frost quake” and “Nor’easter” have entered our everyday vernacular as we wax philosophically about the importance of strategic layering.

Only a Canadian would utter the phrase “It’s going up to a balmy -12 tomorrow,” without a hint of sarcasm.

But sometimes even the hardiest Canucks in their puffiest, goose-down jackets are no match for mother nature’s wrath. When the mercury plummets beyond a certain point, even our beloved national pastimes don’t seem feasible. Where’s the appeal in an evening at the skat-

ing rink when you spend your whole commute desperately navigating treacherous city streets that are covered in a thick layer of ice? Driving up to a nearby ski hill for the weekend might seem like a fun idea until your plans are inevitably thwarted by dead car batteries and freezing rain warnings.

Being an overly optimistic fool, I made a New Year’s resolution to start running again. Lacing up for a jog on a dark winter evening is hard enough, but finding the motivation to head outside to traverse slush-covered sidewalks while filling my burning lungs with ice-cold air has proven to be truly impossible.

With a few more months of transit delays, salt-stained footwear, dry skin and frozen fingertips on the horizon, hibernation seems to be the only viable option.

If you need to find me, I’ll be tucked under my electric blanket and planning a warm getaway to a country where snot icicles aren’t a thing.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Hey, mom! Look what I can do



CHARLES DHARAPAK/THE ASSOCIATED PRESS

#### Baby panda makes gigantic debut

Bao Bao, the four-and-a-half-month-old giant panda, made her public debut at an indoor habitat at the National Zoo in Washington on Monday.

Bao Bao, who now weighs 16.9 pounds, was born to the

zoo’s female giant panda Mei Xiang and male giant panda Tian Tian.

In recent months, Bao Bao has become more active, moving around on her own and exploring the environment. Now she’s working on climbing, but some rocks are still too big.

THE ASSOCIATED PRESS

#### The zoo’s point of view

- The zoo won’t make Bao Bao or her mother do anything they don’t want to do, a spokesperson said. They will bring her out into the enclosure for viewing, conduct some training sessions with her and sometimes weigh her in public view.

#### Newborn dreams

“She doesn’t even seem to notice the folks who are watching her: Her adoring public. Her focus is mostly on mom right now.”

Brandie Smith, panda curator  
National Zoo in Washington

#### Clickbait



**LUKE SIMCOE**  
Metro Online

The start of a new year is a time for reflection. It’s also a reminder that we’re all another

year older and another step closer to our inevitable demise. If, like some people, you find contemplating your own mortality terrifying, you should probably stop reading. On the other hand, if the only thing about death that troubles you is not knowing when, here are a few sites that can calculate how many heartbeats you have left.

#### Death Clock:

This site’s tag line is “predicting the demise of others since 2006.” Just fill in a few details about your age, place of residence and diet and you’ll get a handy prediction you can take to your financial planner. (death-clock.org)

#### Death Timer:

As a bonus, this site will create an image of a tombstone with your name on

it. It will also scold you if you smoke or drink too much. (deathtimer.com)

#### The DeathList:

If you’re more interested in when other people are going to die, check out The DeathList. Based in the United Kingdom, the site compiles an annual list of famous people most likely to kick the bucket. The site had a banner year in 2013, with 13 successful predictions. (deathlist.net)



COURTESY/TIKKER

#### Twitter

@metropicks asked:  
@MyTikker watch approximates when you’ll die and counts down to the second. Would you live differently if you knew?

@Earl\_of\_Halifax: see how it changes while guzzling beers compared to sipping wine, eating wings to salad and working out to being lazy

@stuartchase: useful for those mindnumbing conversations. “U officially wasted 2 minutes of my life. No, really, look at my watch.”

@Earl\_of\_Halifax: I’d probably live faster

Follow @metropicks and take part in our daily poll.

**WE WANT TO HEAR FROM YOU:** Send us your comments: [winnipegletters@metronews.ca](mailto:winnipegletters@metronews.ca)



DVD review



I'm So Excited

Director. Pedro Almodóvar

Stars. Javier Camara, Pepa Charro, Cecilia Roth

The tray tables are up, the seatbelts are fastened and the passengers are more than ready to fly in this airborne trifle from Pedro Almodóvar. The Spanish auteur is returning to the campier tone of such earlier films as *Women on the Verge of a Nervous Breakdown*. But it almost seems as if he's operating on autopilot. The rest of the film is aces, including a production design that amusingly incorporates Almodóvar's beloved primary colours (especially red) into the design of the film's fictional airline. The music by Alberto Iglesias also delights, with its jazzy references to 007 and Eurocomedy films. (Skip the movie, buy the soundtrack.) The cast includes many players from Almodóvar's past — including cameos from Antonio Banderas and Penelope Cruz — and they're eager to go along with whatever fun Capt. Almodóvar has in mind. But he doesn't have much on his grey matter this time, apart from making an even campier version of *Airplane!* Extras include a making-of featurette and a selling-of featurette.

PETER HOWELL

# Finding escape in fear

**Helix.** Billy Campbell, star of new Showcase series, talks about our obsession with being terrified



RICHARD CROUSE  
scene@metronews.ca

"I've been reading film scripts for over 30 years," says *Helix* star Billy Campbell, "and I could probably count on my hands and feet all the truly, truly great scripts I've read. The rest are, to various degrees, garbage."

Campbell, a veteran of big screen features like *The Rocketeer* and Francis Ford Coppola's *Dracula*, says, "the hour-and-a-half format of telling a story is unnatural. You either have to do like they do in Bollywood movies and have a four-hour movie tell a story or do like European films do. They tell small, intimate human stories. Moments in people's lives. That's more appropriate to the format."

That opinion may explain why he's been spending more and more time on the small screen on shows like *Once* and *Once Again*, *The O.C.* and *The Killing*.

His latest project, the sci-fi series *Helix* debuts on Showcase on Friday. Produced by *Battlestar Galactica* creator Ronald D. Moore, its sprawling story of a deadly disease outbreak couldn't fit into a 90-minute film.

"Television is a place where you can tell a great story," he says. "You have the time. AMC coined the phrase, *Slow Burn*

Storytelling. You have the time to develop characters, develop storylines in a way that is not artificial. Or doesn't seem to be artificial."

The pilot script for the Montreal-shot series appealed to the ruggedly handsome actor because he's a fan of science fiction, horror and speculative fiction.

"When I read the pilot script the first thing that popped into my head was *The Andromeda Strain*, then John Carpenter's *The Thing* and a little bit of *Walking Dead* popped in there as well. We don't have zombies. I think what we have is a great deal scarier than zombies. What we have are living human beings, terribly infected, who have a pathological compulsion to infect others."

He describes the show as "intense, but still an escape." But an escape from what?

"There seems to be an obsession with not just speculative fiction but stuff that is not our real life. I couldn't say why, except to think that perhaps we're so unhappy with our present lives. We might need to get away. Some people like to escape by being scared."

As an actor on the show he says the most exciting part of the process is "to come to work and try to do the next outlandish thing they've written. That's exciting."

Quoted

"There seems to be an obsession with not just speculative fiction but stuff that is not our real life."

Helix star Billy Campbell



Billy Campbell stars in *Helix*, debuting Friday on Showcase. CONTRIBUTED

# 2 SCENE

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Lindsay Lohan

## Lindsay's dream of model relationship with toy boy ends with a tattoo

Lindsay Lohan's pursuit of 18-year-old model Morgan O'Connor seems to have ended unsuccessfully, as O'Connor has reportedly told the troubled starlet to take a hike, according to Radar Online. "When he first started hanging around Lindsay, she was totally chasing him and everyone was telling him not to go out with her because she is white trash and would bring his career down," a source says. "But he had a good time with her and got to go to a lot

of parties that he wouldn't have been able to go to before. Now he realizes that he can't hang out with Lindsay and he basically dumped her and is trying to commit to his girlfriend again." As a clear sign of that change of heart, O'Connor recently had the name of ex-girlfriend Chiara DiGiallorenzo permanently applied to his body. "Morgan has always really loved Chiara, and he tattooed her name on his arm to prove that," the source says.



Madonna ALL PHOTOS GETTY IMAGES

## Madonna tells online masses to 'calm down' after Rocco's booze pose

Maybe she was just trying to be a "cool mom," but Madonna has come under fire for posting a photo to Instagram of her 13-year-old son, Rocco, and two pals holding up bottles of gin and vodka with the caption, "The party has just begun!" The photo was taken during

a vacation in the Swiss Alps, where the legal drinking age is 16. After receiving more than 1,200 comments on the photo within 24 hours, the singer addressed the issue herself, writing, "No one was drinking. We were just having fun. Calm down and get a sense of humour."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Holyfield's homosexuality comments land him in trouble

Say you are reading this and you are a celebrity. Let's try an exercise: What do you do if you think of something that maybe isn't the most PC thing in the world? Do you: A. Say it out loud. B. Keep it to yourself. C. Write it in a journal which you then burn. If you answered B or C, you have a long future ahead of you in the world of celebrity. If you answered A, we need to talk.

The latest celebrity to fall victim to their own inability to just shut it? Evander Holyfield, who is making a splash with his stay on Celebrity Big Brother thanks to

an extended rant he recently let out about homosexuality, describing it as "a choice" that "ain't normal" and can be fixed. "If you were born and your leg were turned this way, what would you do? You go to the doctor and get it fixed back, right?" he said to a fellow housemate.

"You know how handicapped people are born? You can't say, 'Because they are born that way, you can't move that.'" Producers for the series quickly addressed the issue, saying in a statement that they'd relayed to Holyfield that his views "could be seen as extremely offensive to many people. He was warned to think carefully about repeating them."

Good grief. Come on, Evander. You lost an ear. You must know what it feels like to be different. Shut it down!

PAT HEALY/METRO WORLD NEWS



David Copperfield

## Copperfield's girlfriend hears those magic words

Magician David Copperfield, 57, has proposed to 28-year-old French model Chloe Gosselin, he announced to Hello! magazine in an exclusive interview, though the interviewer couldn't help asking about his six-year relationship with Claudia Schiffer back in the '90s.

"Oh, that was a long time ago," Copperfield says. "Now I'm engaged and in a committed relationship with Chloe in my mind and my heart." Copperfield and Gosselin split their time between Las Vegas, New York and his private Caribbean island, Copperfield Bay.



Scott Disick

## Disick loses father just months after mom's death

Kourtney Kardashian's famous baby daddy, Scott Disick, reportedly lost his father on Friday, three months after his mother died from cirrhosis of the liver. His father, Jeffrey Disick, died from undisclosed

causes, reports E! News. "The whole family is so devastated and Scott is beside himself," a source told E!. "Scott is an only child with no remaining family."



### Twitter



@mradamscott

I want Downton Abbey bloopers and I want them now



@msleamichele

Such a lovely holiday break with friends and family. Revived and refreshed:) Ready for this new year!



@WhitneyCummings

I feel like you know you're in love when you can't stop thinking about (killing) someone



Half off

## 10 Pounds in Six Weeks

Three and a half months ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciva and registered nutritionist Theresa Albert.

Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

Now that the holidays — and holiday indulging — are over, Elisha is keen to get back on track.

She's kick-starting the new year with a shorter term goal: losing 10 pounds in six weeks.

Breaking your goal into bite-sized pieces is a great way to motivate yourself and key to attaining the larger goal, said Theresa. "And losing 10 pounds in six weeks — or about 1 ½ pounds a week — is both healthy and realistic for Elisha."

Theresa suggested that Elisha create some eating rules to help her achieve the goal.

Rule number one: eat in, not out.

"The real challenge will be finding new and healthy recipes the whole family will enjoy," said Elisha.

For lots of delicious ideas, try Theresa's Weekly Meal Solutions on her website at myfriendin-food.com.

Exercise is an even more challenging area for Elisha. "I can't really do much new outside because it's just so cold, and I'm bored with the indoor weights program," she said.

But what she has discovered is that she likes to dance for exercise.

For the cardio portion of the workout Jordan designed for her she often plays Just Dance on the Wii, "and honestly, that's the only part of the mostly weights program I like."

With that in mind, Jordan is going to revamp Elisha's at-home workout to make it more motivating and fun.

To follow along, and for more work-out tips, check out metronews.ca/half-off.

YVLA VAN BUUREN/FOR METRO

# FAQs for fighting the flu

**Getting informed.** Flu season has swung into full gear and reports of deaths in Texas and Alberta have raised fears that something new is afoot

Usually by now flu shot efforts would be winding down, but several provinces are leveraging intense media interest and public concern by mounting extra clinics for those reconsidering getting a shot.

Is this shaping up to be a doozy of a flu season? Or do we, as a society, tend to forget what influenza can do from one season to the next?

There are plenty of such questions being posed these days. Here are a few, and some answers.

**All the headlines these days are about influenza. Is this a dire flu season?**

Not really. It's a flu season — which means as activity takes off in your municipality or province, you can expect to see a spike of illnesses that can create the impression that almost everyone is sick.

Last year's season, caused mostly by the H3N2 virus, was quite nasty. This year the H1N1 virus is predominating — at this point, anyway. And while parts of the country are now in the throes of full-on flu outbreaks, the activity level is what one sees during flu season.

Alberta's outbreak may have already peaked while Ontario's is probably at its apex now. "It'll be over in a month. There's been a fair amount of activity, but it's not terrible. And that should be it," says Dr. Allison McGeer, head of infection control at Toronto's Mount Sinai Hospital.

**Isn't H1N1 the virus that caused the 2009 pandemic? Is it different or more dangerous than other flu viruses?**

H1N1 is the virus that caused the pandemic in 2009. But it's been circulating for nearly five years, and is now considered one of the seasonal flu viruses. The others are H3N2, also an influenza A virus, and influenza B viruses.

While the vast majority of people who contract flu don't need medical attention, influenza does have the potential to cause serious illness — and that is true of H1N1, H3N2 and



The H1N1 virus is predominating this year's flu season. ISTOCK

influenza B.

**There have been reports in the media of young and middle aged adults dying. Doesn't flu normally kill old people?**

What is different about H1N1 is who is vulnerable to it and who it seems to hit hard.

Little kids — children born after the pandemic — are most likely to be susceptible to H1N1; fewer than 20 per cent of them had antibodies against it. And older adults, who don't fare very well in H3N2 years, seem as a group to have a lot of protection against H1N1.

But young adults and people in middle age are less likely to have antibodies to these viruses, and those are the serious illnesses and deaths that are getting a lot

of attention in the media this year.

**Alberta has reported nearly 1,000 confirmed cases, and Toronto Public Health says it has confirmed 210 cases of flu so far this year. What do these numbers tell us? Is there more flu than usual?**

Numbers don't mean much when it comes to seasonal flu and they probably shouldn't concern the public to any real degree, McGeer says.

The reality is that most people who have flu never see a doctor, and many of those who do aren't tested for influenza.

If Alberta has 1,000 positive flu tests, it means there's quite a bit of influenza in Alberta. But is that amount abnormal? Not at the peak of an active flu season.

**People in my neighbourhood/town/city are already sick with flu. If I haven't had a flu shot, is there still time to get one? Is it worth my while?**

Public health officials will always say, "It's never too late to get a flu shot." And given that flu viruses will continue to circulate — albeit likely at lower levels — for weeks to come, getting a shot now might prevent you from getting sick later.

But a shot won't offer immediate protection. It can take two or three weeks for the vaccine to generate a protective response. So don't be surprised if you get a shot this weekend and get sick next week. The shot won't have made you ill; it just didn't have enough time to do its job.

THE CANADIAN PRESS



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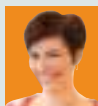
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3 WEEKS

# Give Slow Cooker Meatballs some new life with nutrition-rich seeds

## Health Solutions

### Chi-chi-chi-chia seeds pack punch



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Chia is a seed much like the poppy seed in that it only grows when the salvia plant is ready to bloom.

Like other seeds, this wee nugget of nourishment contains all the nourishment that the plant will need to begin anew.

You know all about its superior fibre content and its ability to help stabilize blood sugar levels, heck, you probably even bought a bag and have looked at it for a year.

But, besides sprinkling it on your yogurt, what else can you do with it? Here are some ideas:



- Chia is an excellent binder when making meatloaves or meatballs because it holds water better than breadcrumbs.

- Use it ground in salad dressings to help reduce the amount of oil. 1/4 tsp replaces about a tablespoon of oil.

- Soak 2/3 cup of chia seeds in 2 cups of almond milk and set aside in the fridge for three to eight hours. It will thicken into a tapioca-pudding-like dish that is great warm or cold with a dash of cinnamon.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

**THERESA ALBERT**  
myfriendinfood.com

Instead of nutrition-free breadcrumbs, why not hold meatballs together with nutrient-dense chia seeds and oats? Tastes the same, and it's 100 per cent healthy.

1. Place ground beef, oats, egg, chia and seasoning in a bowl.

2. Mix well with hands and use an ice cream scoop to place into bottom of a large slow cooker set on high.

3. Microwave tomato sauce with the lid off to speed up cooking

4. Empty tomato sauce over meatballs, cover and let cook on high for 2-3 hours or on low for 8-10.

#### Ingredients

- 1 lb extra lean ground beef
- 1/2 cup oats, whirred in a blender
- 1 egg, beaten
- 1 tbsp whole or ground chia seeds
- 1 tbsp Italian seasoning
- 1 jar tomato sauce



**PREP**  
10 MINUTES

This recipe serves six. COURTESY THERESA ALBERT

5. Serve with buns for Meatball Sandwiches or over pasta with salad.

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CFL

## McPherson joins Stamps: Report

Adrian McPherson is returning to the CFL.

The veteran quarterback has signed with the Calgary Stampeders, according to a source. McPherson, 30, spent five seasons with the Montreal Alouettes (2008-12), earning Grey Cup rings in 2009 and 2010 with the club before being released to pursue other offers.

THE CANADIAN PRESS



Quarterback Adrian McPherson  
THE CANADIAN PRESS FILE

CFL

## Argos' Durie inks contract extension

The Toronto Argonauts re-signed slotback Andre Durie to a contract extension Monday.

The Argos announced Durie is under contract through the 2016 season. Durie signed with Toronto as an undrafted free agent in 2007 and has spent his entire CFL career with the club. THE CANADIAN PRESS

CFL

## Alouettes sign three Canadians

The Montreal Alouettes signed defensive end Ameet Pall, and offensive linemen Ryan White and Jake Piotrowski on Monday.

Pall and Piotrowski signed for two years while White's deal was for three seasons.

THE CANADIAN PRESS



Evander Kane celebrates his second goal against the Penguins in Pittsburgh on Sunday. GENE J. PUSKAR/THE ASSOCIATED PRESS

# Jets are 'consistently inconsistent': Coach

**NHL.** Team still believes they can play above .500 after winless road trip

Evander Kane says the Winnipeg Jets have shown some consistency over the last few seasons, although probably not in a way players, coaches or fans find very comfortable.

"You want to look for some consistency? We're .500 and much the same," said the forward, a day after a heartbreaking 6-5 loss to the Pittsburgh Penguins that capped a winless three-game road trip.

"We are consistently inconsistent" is how coach Claude

### Same team, new formula?

"I think we've got to find a way to play together and play a way that makes us successful ... and want to win and want to compete and have everybody on the same page every night." Evander Kane on how to fix the Jets

Noel summed up the way the Jets have played since he took over in 2011.

Kane was wrong on one point. The Jets (19-21-5) aren't even quite at .500 after their three most recent losses left them with just 43 points after 45 games.

But after Monday's practice, Noel said he has renewed hope the team can start turning things around, as they prepare for a visit by the Tampa

Bay Lightning Tuesday night. And he insists learning the more focused, defensive system he's been trying to teach isn't the problem for the team.

"Whether we have a good system, bad system, no system, I'm sure that when you've seen us play, like me, you see us, we play very well, we play very poorly. Why can't they find middle ground? That's what you're asking. That's a good ques-

tion. That's what I'm trying to do and I will be relentless in my pursuit to get that."

The Lightning (25-13-4) are in second spot in the Atlantic Division with 54 points, but the Jets have managed to beat some pretty strong teams this season, then baffle fans as they lose to others that sit lower in the standings.

Kane suggested adding talent isn't the cure. There have been suggestions that the Jets just don't have enough elite players to compete with the best in the NHL, as they try to break out of .500 land and make the playoffs for what would only be the second time in franchise history in Atlanta or Winnipeg.

THE CANADIAN PRESS

# Seattle coach not sleeping on the Saints

Before Pete Carroll turns his full attention to Seattle's playoff opponent, he'll make sure the Seahawks aren't expecting another easy win against New Orleans like in Week 13.

"We learned and gained information in the game as they did, but we start all over again and start from scratch," Carroll said Monday. "We take a look at what happened since we played them. But I think it would be a mistake to try and

call it because of what has happened in the past. We don't care about that."

Carroll and the Seahawks will face New Orleans on Saturday in the second round of the playoffs, less than six weeks after Seattle routed the Saints 34-7 in early December. That win proved significant for Seattle in wrapping up home-field advantage in the NFC and dropping New Orleans to a wild-card position and on the

### Playoff football

"You would like to think it's going to be the same, but we know better ..."

Seattle coach Pete Carroll on his team's 34-7 beatdown vs. the Saints in December

road throughout the playoffs.

But for all Seattle did in turning that first meeting into a blowout, Carroll wants a

new attitude by game time on Saturday.

"I think it's common knowledge and human nature that you would like to think it's going to be the same, but we know better than that," Carroll said. "We need to respect this opportunity for what it is. It's a great championship matchup for us, and they're going to come loaded up and give us a great football game."

THE ASSOCIATED PRESS



Seahawks coach Pete Carroll  
GETTY IMAGES FILE



# Depth of field paints blurry image



Should Team Canada brass elect to stock the squad with centres, players such as Claude Giroux would be expected to move to the wing. GETTY IMAGES FILE

**Team Canada.** With a number of options Yzerman will provide clear picture when roster is named Tuesday

Sidney Crosby, Jonathan Toews and John Tavares are safe.

That Team Canada has only a few more forwards who are locks to go to the Sochi Olympics next month speaks to the embarrassment of riches and the bevy of questions facing Steve Yzerman and his management staff.

The 25-man roster that will be revealed Tuesday at 11 a.m. in Toronto will show what Yzerman learned from winning gold in Vancouver four years ago, and how he's adapting to a different situation this time around.

"We're playing good teams; you need good goaltending," Yzerman said back in August at Olympic orientation camp. "You need good defence. You need balance. All of these teams are relatively balanced.

## Projected Team Canada roster

### FORWARDS

Matt Duchene, Sidney Crosby, Steven Stamkos\*, Patrick Sharp, Jonathan Toews, Rick Nash, Logan Couture, John Tavares, Claude Giroux, Jamie Benn, Ryan Getzlaf, Corey Perry, Patrice Bergeron, Martin St. Louis.

\*Injury replacement: Jeff Carter

### DEFENCEMEN

Duncan Keith, Shea Weber, Jay Bouwmeester, Alex Pietrangolo, Marc-Edouard Vlasic, Drew Doughty, Dan Boyle, P.K. Subban.

### GOALTENDERS

Carey Price, Roberto Luongo, Mike Smith.

Potential injury replacement: Corey Crawford

Any area of weakness can be an issue."

One area that isn't a weakness for Canada is down the middle. Beyond Crosby, Toews and Tavares, there's Ryan Getzlaf of the Anaheim Ducks and Patrice Bergeron of the Boston Bruins.

If Steven Stamkos of the Tampa Bay Lightning can return after breaking his right tibia, he's expected to move to the wing, possibly alongside Crosby. Other centres, like Matt Duchene of the Colorado Avalanche, Logan Couture of the San Jose Sharks, Eric Staal

of the Carolina Hurricanes and Claude Giroux of the Philadelphia Flyers would likely have to do the same.

"I know some guys are going to have to play different positions, but you do it for the better of the team," Lightning winger Martin St. Louis said at orientation camp. "For the better of the country."

But is it better for Canada to have so many centres playing out of position? If Yzerman and Co. have decided more natural wingers must be in the mix, that's good news for St. Louis, Rick Nash of the New York

Rangers, Patrick Sharp of the Chicago Blackhawks, Jamie Benn of the Dallas Stars and perhaps even Patrick Marleau of the Sharks.

Benn and Marleau weren't at camp in Calgary over the summer, but Yzerman said then and during the season that that wouldn't necessarily rule players out when it comes to Sochi.

One player who did earn a camp invite was Pittsburgh Penguins winger Chris Kunitz, whose natural chemistry with Crosby could be an asset in a short tournament like the Olympics. Bringing along line-mates wasn't a perfect recipe in 2010 when Canada took Marleau, Joe Thornton and Dany Heatley to Vancouver, but Detroit Red Wings GM Ken Holland said it could still be factored in if two players were tied for a roster spot.

"We discuss teammates, but I think at the end of the day we've got to find players that we think are going to have the best chance to put the best team together," said Holland, who's on Canada's management team. **THE CANADIAN PRESS**

## Czech Republic

### Jagr gunning for 3rd Olympic medal

Jaromir Jagr will play in his fifth Olympics, leading the Czech hockey team at the Winter Games in Sochi next month.

Jagr, 41, was on the Czech team that won gold at the 1998 Olympics in Nagano, the first games featuring NHL players. He also helped the Czechs win the bronze medal in Turin in 2006.

The 25-man Czech team, announced Monday in Prague, also includes Jakub Voracek, Tomas Plekanec and David Krejci.

THE ASSOCIATED PRESS

## Switzerland

### Swiss pad team with 8 NHLers

Switzerland's roster for the Sochi Olympics features eight NHL players, including Raphael Diaz of the Montreal Canadiens, and Yannick Weber of the Vancouver Canucks.

Reto Berra of the Calgary Flames and Jonas Hiller of the Anaheim Ducks were also chosen for the team.

THE CANADIAN PRESS

## Skiing. Top athletes call qualifying rules 'absurd'

Picture this for the Sochi Olympics: Bode Miller not allowed to defend his super-combined title, Lindsey Vonn limited to two events, and other medal contenders held out of some of their favourite disciplines.

It's a scenario that top skiers are calling "absurd" but that could become a reality. At least, that's how the big Alpine nations are interpreting the International Ski Federation's (FIS) complex new Olympic qualifying rules.

"We're waiting for FIS to clarify what it means and how it works," U.S. Ski Team men's head coach Sasha Rearick told The Associated Press on Monday, three weeks before he has to name his team for Sochi. "It's critical that we have a fair solution and the top athletes can compete in the events they deserve to."

At issue are rules put in place last year to help smaller nations gain Olympic qualifying spots. In the fine print, the rules require skiers to finish a certain number of races in a discipline over last season and this season — up to Jan. 19 — to qualify for that event in Sochi. It's five races for the technical events of slalom and giant slalom, and three for



American world champion Ted Ligety GETTY IMAGES

the speed events of downhill, super-G and super-combined.

For the men's super-combined, those rules mean Miller, American world champion Ted Ligety and Austrian standout Benjamin Raich could all miss out. And the injured Vonn — if she decides to compete in Sochi — would be limited to downhill and super-G.

FIS men's World Cup director Gunter Hujara is promising a last-minute change.

"We will handle it at the end," he announced at a team captain's meeting Sunday.

THE ASSOCIATED PRESS

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	42	28	12	2	124	89	58
Tampa Bay	42	25	13	4	119	100	54
Montreal	43	24	14	5	112	102	53
Detroit	43	19	14	10	114	121	48
Toronto	43	21	17	5	119	127	47
Ottawa	44	19	18	7	126	141	45
Florida	42	16	20	6	101	134	38
Buffalo	42	12	26	4	74	118	28

#### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	44	31	12	1	142	103	63
Philadelphia	42	21	17	4	111	116	46
Washington	42	20	16	6	128	128	46
Carolina	43	18	16	9	105	124	45
N.Y. Rangers	43	21	20	2	105	115	44
New Jersey	43	17	18	8	101	110	42
Columbus	42	18	20	4	113	123	40
N.Y. Islanders	43	14	22	7	112	143	35

#### Monday's results

Dallas at N.Y. Islanders  
Columbus at N.Y. Rangers  
Florida at Montreal  
Calgary at Colorado

#### Sunday's results

Anaheim 4 Vancouver 3 (OT)  
Carolina 2 Nashville 1  
Edmonton 5 Tampa Bay 3  
Pittsburgh 6 Winnipeg 5  
San Jose 3 Chicago 2 (SO)

#### Tuesday's games

#### All Times Eastern

Carolina at Buffalo, 7 p.m.  
N.Y. Islanders at Toronto, 7 p.m.  
Philadelphia at New Jersey, 7:30 p.m.  
Tampa Bay at Winnipeg, 8 p.m.  
San Jose at Nashville, 8 p.m.  
Calgary at Phoenix, 9 p.m.  
St. Louis at Edmonton, 9:30 p.m.  
Boston at Anaheim, 10 p.m.  
Pittsburgh at Vancouver, 10 p.m.  
Minnesota at Los Angeles, 10:30 p.m.  
**Wednesday's games**  
Montreal at Philadelphia, 7:30 p.m.  
N.Y. Rangers at Chicago, 8 p.m.  
Ottawa at Colorado, 9:30 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	45	29	7	9	167	124	67
St. Louis	41	29	7	5	150	95	63
Colorado	41	26	11	4	120	104	56
Minnesota	44	22	17	5	106	113	49
Dallas	41	20	14	7	120	124	47
Winnipeg	45	19	21	5	123	135	43
Nashville	43	18	19	6	102	129	42

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	44	31	8	5	146	111	67
San Jose	43	27	10	6	142	111	60
Los Angeles	43	26	13	4	113	89	56
Vancouver	44	23	13	8	117	108	54
Phoenix	41	20	12	9	123	127	49
Calgary	41	14	21	6	96	128	34
Edmonton	45	14	26	5	117	156	33

Note: Two points for a win, one point for an overtime or shootout loss.

### SCORING LEADERS

	G	A	Pt
Crosby, Pgh	23	40	63
Kane, Chi	23	31	54
Getzlaf, Ana	20	28	48
Thornton, SJ	5	43	48
Kunitz, Pgh	23	24	47
Sharp, Chi	25	21	46
Tavares, NYI	17	29	46
Backstrom, Wash	10	36	46
Perry, Ana	23	21	44

Not including last night's games

## NFL PLAYOFFS

### WILD CARD WEEKEND

#### Sunday's results

AFC — San Diego 27 Cincinnati 10  
NFC — San Francisco 23 Green Bay 20

#### Saturday's results

AFC — Indianapolis 45 Kansas City 44  
NFC — New Orleans 26 Philadelphia 24

### DIVISIONAL PLAYOFFS

#### Saturday, Jan. 11 — All Times Eastern

NFC — New Orleans at Seattle, 4:35 p.m.  
AFC — Indianapolis at New England, 8:15 p.m.  
**Sunday, Jan. 12**  
NFC — San Francisco at Carolina, 1:05 p.m.  
AFC — San Diego at Denver, 4:40 p.m.

## NBA

### EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	27	6	.818	—
d-Miami	26	8	.765	1/2
Atlanta	18	16	.529	9 1/2
d-Toronto	16	16	.500	10 1/2
Washington	14	17	.452	12
Chicago	14	18	.438	12 1/2
Charlotte	15	20	.429	13
Detroit	14	20	.412	13 1/2
Boston	13	21	.382	14 1/2
Brooklyn	12	21	.364	15
Philadelphia	12	21	.364	15
New York	11	22	.333	16
Cleveland	11	23	.324	16 1/2
Orlando	10	23	.303	17
Milwaukee	7	26	.212	20

### WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	27	7	.794	—
Portland	26	8	.765	1
d-San Antonio	26	8	.765	1
d-Golden State	23	13	.639	5
L.A. Clippers	23	13	.639	5
Houston	22	13	.629	5 1/2
Phoenix	20	12	.625	6
Dallas	19	15	.559	8
Denver	16	17	.485	10 1/2
Minnesota	16	17	.485	10 1/2
New Orleans	15	17	.469	11
Memphis	15	18	.455	11 1/2
L.A. Lakers	14	20	.412	13
Sacramento	10	22	.313	16
Utah	11	25	.306	17

d = division leaders ranked in top four places.

#### Monday's results

Minnesota at Philadelphia  
Atlanta at Brooklyn  
Orlando at L.A. Clippers  
**Tuesday's games**  
**All Times Eastern**  
Philadelphia at Cleveland, 7 p.m.  
Toronto at Indiana, 7 p.m.  
Washington at Charlotte, 7 p.m.  
New Orleans at Miami, 7:30 p.m.  
Detroit at New York, 7:30 p.m.  
Phoenix at Chicago, 8 p.m.  
Golden State at Milwaukee, 8 p.m.  
San Antonio at Memphis, 8 p.m.  
L.A. Lakers at Dallas, 8:30 p.m.  
Boston at Denver, 9 p.m.  
Oklahoma City at Utah, 9 p.m.  
Portland at Sacramento, 10 p.m.



## Horoscopes

### Aries

March 21 - April 20

Try to avoid confrontation today because you will come out second best. If possible, go and be by yourself for a while. You'll return physically and mentally refreshed, and with lots of great new ideas.

### Taurus

April 21 - May 21

You seem to think the worst is going to happen. You should know by now that is exactly the sort of thought pattern that encourages bad things to happen. Be positive.

### Gemini

May 22 - June 21

If you make an effort today, it will pay off. The only problem is you are not in the mood to do anything strenuous. That's OK but don't blame others for your lack of progress.

### Cancer

June 22 - July 23

You may not enjoy what happens today, not least because you have no control over events. But if you accept it and refuse to be upset, it won't be so bad. You can always control the way you react.

### Leo

July 24 - Aug. 23

Everything must be in its proper place and if it isn't, someone is going to get the blame, and it won't be you. You may be easy-going most of the time but sometimes you are like your next-door-neighbour sign Virgo — obsessed by details.

### Virgo

Aug. 24 - Sept. 23

Keep things simple today because the more complicated you allow your activities to get, the more likely it is you will get confused and make a mistake.

### Libra

Sept. 24 - Oct. 23

It will pay you to be secretive, especially if you're working on a plan requiring the element of surprise to succeed. If people start sniffing around, tell them anything but the truth.

### Scorpio

Oct. 24 - Nov. 22

Stop worrying that you are not doing enough or that your rivals are winning. The planets indicate that success will be yours once you learn to relax and not take life so seriously.

### Sagittarius

Nov. 23 - Dec. 21

You can make a little go a long way today, emotionally as well as financially. The trick is to not give too much away, and keep others guessing what you intend to do with it.

### Capricorn

Dec. 22 - Jan. 20

Wield the axe and cut back on the things in your life that are not important. That applies especially to your career where, it seems, you have taken on too much responsibility too soon.

### Aquarius

Jan. 21 - Feb. 19

What you have to do today may seem boring but if you do it well, you will come to the attention of powerful people and, in the long-term, the rewards will be worth the effort many times over.

### Pisces

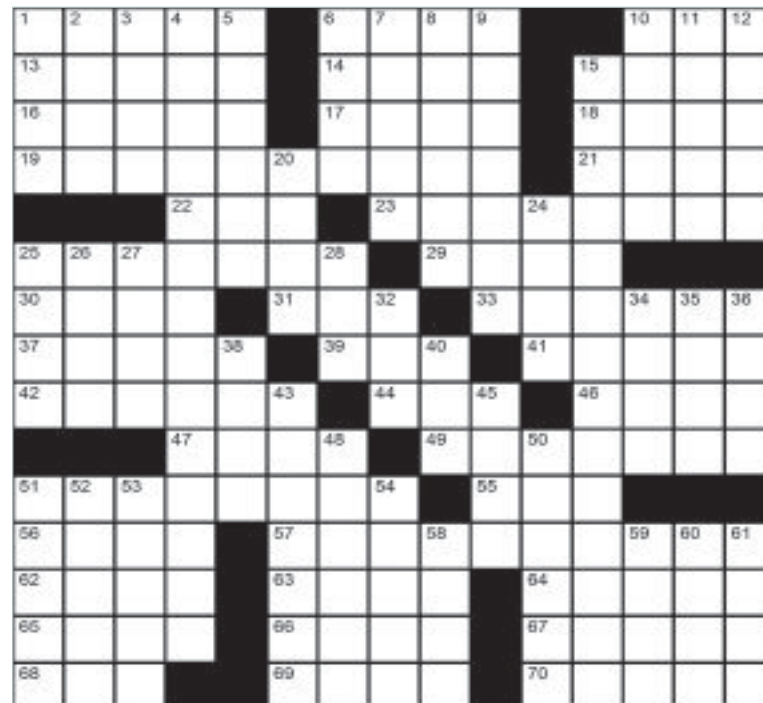
Feb. 20 - March 20

There is a lot going on behind the scenes at the moment, so don't make too many plans because they are sure to change. If someone asks you to take on more work turn them down. It's the last thing you need right now. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. "The Lion King" (1994) character
6. Sporty Steffi's surname
10. Straw
13. Anne Murray's "You Needed Me" bit: "I cried \_\_\_\_"
14. Prefix meaning 'Rock'
15. Merchandise
16. Corporate shuffle, in brief
17. Celebes buffalo
18. Shangri-la
19. Loggins & Messina tune covered by Anne Murray: 2 wds.
21. 'A' in AD
22. Rock supergr.
23. Sabre with a curved blade
25. Fractures-checking hosp. spot: 2 wds.
29. PayPal co-founder Mr. Musk
30. Hr. parts
31. \_\_\_\_-and-tuck
33. Catch
37. Sherbrooke 'student'
39. Avril's Sk8er's gender
41. Saskatchewan town south of Regina
42. "Four Weddings and a Funeral" (1994) director, Mike \_\_\_\_
44. Married woman's title
46. Wet \_\_\_\_ (Moisture wipes)
47. Money in Oman



49. "Family Ties" clan, The \_\_\_\_
51. Private
55. Uniquely-spelled mountain basin
56. \_\_\_\_, California (The Bionic Woman's hometown)
57. Ottawa: 7 Rideau Gate... Canada's \_\_\_\_ for heads of state

62. Carson's successor
63. French for 'the water'
64. Mosaic component
65. Legendary celebrity
66. Gaelic
67. Broadcast again
68. Bus or train, e.g.
69. River of Flanders

70. Paul of "Be-witched"
- Down**
1. Baby Atlantic Her- ring, for short
  2. Virginia willow
  3. Joni Mitchell's "You Turn \_\_\_\_, I'm a Radio"
  4. Mordecai Richler book-turned-movie

5. Edmonton neigh- bourhood
6. 4.0, et al.
7. HGTV Canada jobs
8. Now!: 2 wds.
9. Parcel word
10. "Hmmm... I thought of that."
11. Hockey game

- place
12. Type of opera singer
15. Bit of #19-Across: "And even though \_\_\_\_ I'm so in love with you honey..."
20. Bridge
24. Single-meaning prefix
25. Wolverine's mutant buddies
26. Vex
27. All over again
28. \_\_\_\_ necklace
32. Cheerleading prop, when doubled
34. Gambling town
35. Prayer sign-off
36. Scholastically succeed
38. Film director Mr. Petri
40. Gall
43. British Columbia city
45. Faith faction
48. Matt of "Today", and surnamesakes
50. Twirling
51. Ancient Greek city-state
52. Remove the movie video
53. Didn't stop, like a sentence: 2 wds.
54. Charter
58. Plaintiff
59. \_\_\_\_ Bator, Mon- golia
60. Expressed
61. Bronte heroine surname

## Yesterday's Crossword

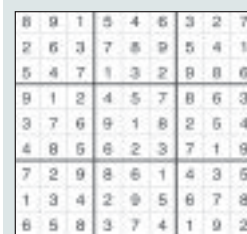


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: -24°  
MIN: -31°

### WEDNESDAY



MAX: -23°  
MIN: -25°

### THURSDAY



MAX: -12°  
MIN: -14°



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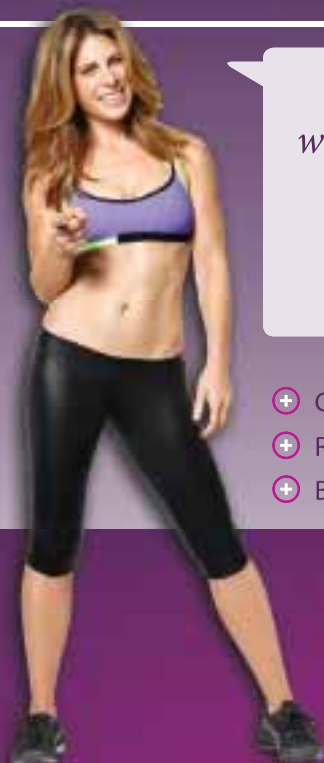
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